

Pupils` cognitive activity stimulation by means of physical training

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Abstract

© Author(s).The article presents the research results of the physical activity influence on the intellectual performance of high school students. The methods of experiments and standardized observation were used. The efficiency of the cognitive activity was assessed by "Proof test" technique of B. Burdon. Within the experimental class, the program of additionally organized physical activity was built with provision for the individually – typological characteristics (temperament) of students. The motivation dynamics of the physical education and sport classes was studied. The mathematical results` processing was carried out by means of the Student`s criterion.

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Keywords

Intellectual work capacity, Motivation, Physical training, Pupils